



LIP BALM



You Will Need:

4 tablespoons olive oil

1 tablespoon grated
or pellet beeswax

1 teaspoon honey

7 drops lavender
essential oil

¼ teaspoon
vitamin E oil

1 teaspoon
cocoa powder

Cooking pot

Stainless steel pan

Small containers

Spoon

CREATING PLANT-BASED LIP BALM

In this DIY project, we'll use ingredients derived from plants — lavender essential oil and cocoa powder — to create nourishing lip balm.

Steps

1. Prepare mixture:

- Grate beeswax.

Tip: You'll find beeswax online or in your local craft or home improvement store. You can use a kitchen vegetable peeler or cheese grater for this step.

- Warm the olive oil and beeswax on low heat in the cooking pot.
- Stir until the beeswax is melted.
- Stir in the lavender essential oil, vitamin E oil and cocoa powder.
- Fill the large stainless steel bowl or pot with ice water, then carefully place the bottom of the hot cooking pan in the bowl.
- Continue stirring the mixture as you add in the honey.

2. Cool Mixture:

- Once the honey is mixed in, transfer the mixture to your containers.
- Allow the containers to set for at least 3 hours in the refrigerator.
- Your lip balm is ready. Enjoy!